



Tasty Food Recipes and weight loss Programs



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Avoiding High calories office food

Published On Wednesday, September 29th 2010

Are you fed up of meetings and office get together s where the only food they serve is high calorie food like cake, Danish, pizza, biscuits and other high fat snacks? There's no need to feel unsociable or avoid these gatherings ... [Read More](#)



The key to weight loss success-Exercise Consistency

Published On Wednesday, September 29th 2010

If you're exercising for weight loss, the most important factor isn't the exercises you perform, or the duration of your workouts, or even the intensity of your workouts. These all do have a bearing on how many calories you burn during ... [Read More](#)



Information about Healthy vegetables

Published On Friday, September 17th 2010

ASPARAGUS Available in early spring. Can be expensive due to difficulty in cultivating. Its claim to fame is the amino acid asparagine which is destroyed by cooking. Asparagine is a strong diuretic, stimulating the kidneys. Asparagus is a great blood cleanser and excellent ... [Read More](#)

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www.MyFoodDiary.com



Negative calorie diet effect

Published On Friday, September 17th 2010

What if you could eat a food that not only provided no calories, but actually burned more calories than it provided? Would you eat it? What effect might it have? And which calories would it be burning? These are compelling questions. But ... [Read More](#)



Weight Loss Tips for Teenage girls

Published On Thursday, August 26th 2010

The teenager years, or the adolescent, or the puberty years, whatever you prefer to call it, is one of the main turning points in one's life. It is also the time that both girls and boys become conscious of themselves, ... [Read More](#)



Waffers Pudding Recipe

Published On Thursday, August 19th 2010

Ingredients * 2 1/2 cups sugar * 6 tablespoons all-purpose flour * Pinch salt * 2 (12-ounce) cans evaporated milk * 4 egg yolks * 1/2 stick butter, cubed * 1 teaspoon vanilla extract * 1 box vanilla wafers, plus more for garnish, crumbled * 5 bananas, sliced * Whipped ... [Read More](#)

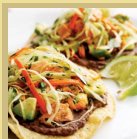
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Teenage Weight Loss

Learn More About How Your Teen Can Achieve
& Maintain a Healthy Weight



Black Bean & Salmon Tostadas

Published On Thursday, August 19th 2010

Ingredients * 8 6-inch corn tortillas * Canola oil cooking spray * 1 can boneless, skinless salmon, drained * 1 avocado, diced * 2 tablespoons minced pickled jalapeños * 2 cups coleslaw mix or shredded cabbage * 2 tablespoons chopped cilantro * 1 15-ounce can black beans, rinsed * ... [Read More](#)



Chocolate Chip cookies recipes

Published On Monday, August 16th 2010

Chocolate Biscotti Ingredients: 5 cups flour 1 1/2 cups cocoa powder 2 tbsp baking powder 1 cup butter 2 cups sugar 6 eggs 1 tbsp vanilla extract 2 cups chocolate chips Melted chocolate to garnish Method: Preheat oven to 400F. In a bowl, cream the sugar and butter with an electric beater. Beat in ... [Read More](#)

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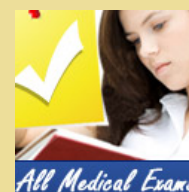


25 Weight loss tips that work

Published On Monday, August 16th 2010

Apart from physical exercise there is also another secure way to lose weight, and this is through a proper diet and healthy weight loss tips. In other words the weight loss we can achieve with proper nutrition. And the truth ... [Read More](#)

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Published On Friday, August 6th 2010

This article provides you with 20 healthy weight loss tips. When you want to loose weight you need to make ... [Read More](#)

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Healthy Fruit Recipes

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Butterscotch Apple Pie: Ingredients: 2 cups quick cooking rolled oats 1/2 teaspoon ground cinnamon 1/2 cup margarine, melted 1/4 cup brown sugar Filling: 4 large cooking apples 1/4 ... [Read More](#)



Healthy Appetizers

Published On Wednesday, July 14th 2010

Creamy Cucumber Dill Dip Ingredients: 8 ounces softened cream cheese 1 cup mayonnaise 2 medium peeled and chopped cucumbers 3 tablespoons sliced scallions 1 tablespoon freshly ... [Read More](#)



Sandwich Recipes

Published On Thursday, August 12th 2010

Egg and Salmon Salad Sandwiches 4 eggs 1 6 ounce can boneless skinless salmon, drained and flaked 1/4 cup cream style cottage cheese 1/4 cup coarsely chopped walnuts 2 tablespoons sweet pickle relish 2 tablespoons mayonnaise or salad dressing 3 small pitas or 8 slices whole wheat ... [Read More](#)



20 healthy weight loss tips

Published On Friday, August 6th 2010

This article provides you with 20 healthy weight loss tips. When you want to loose weight you need to make sure that you do it the healthy way and in a way that it will not cause any problems to ... [Read More](#)



Cheese cake recipe

Published On Tuesday, August 3rd 2010

Chocolate Fudge Cheesecake Crust: 1 1/4 cups chocolate graham cracker crumbs 2 tablespoons granulated sugar 3 tablespoons butter or margarine, melted Filling: 11 ounces cream cheese, at room temperature 1 cup granulated sugar 1/4 cup cocoa powder 2 teaspoons coffee liqueur, optional 3 large eggs Position a rack in the center ... [Read More](#)



Healthy Fruit Recipes

Published On Friday, July 30th 2010

Butterscotch Apple Pie: Ingredients: 2 cups quick cooking rolled oats 1/2 teaspoon ground cinnamon 1/2 cup margarine, melted 1/4 cup brown sugar Filling: 4 large cooking apples 1/4 cup water 1/4 cup light corn syrup apple juice 1/4 cup brown sugar 2 tablespoons cornstarch 1/2 teaspoon salt 1/2 teaspoon ground cinnamon 2 tablespoons margarine Topping: 1/2 cup ... [Read More](#)



Your Body Weight Workouts

Published On Monday, July 26th 2010

There are seldom people know about the body weight workouts. They are surprised to learn that their current body weight is the results of every single calorie they have ever consumed minus every single calorie they have ever expended throughout ... [Read More](#)



Body Mass Index (BMI)

Published On Monday, July 26th 2010

Nearly one over six of the world population is having overweight issue according to the World Health Organization. So, it is important for us to know whether we have a healthy body weight range. Below are 2 standards we can use ... [Read More](#)



Healthy Appetizers

Published On Wednesday, July 14th 2010

Creamy Cucumber Dill Dip Ingredients: 8 ounces softened cream cheese 1 cup mayonnaise 2 medium peeled and chopped cucumbers 3 tablespoons sliced scallions 1 tablespoon freshly squeezed lemon juice 1 tablespoon freshly snipped dill weed dash cayenne pepper to taste salt and pepper Method: Beat the cream cheese until smooth. Add ... [Read More](#)



Healthy Cabbage Recipes

Published On Tuesday, July 13th 2010

Sweet and Sour Cabbage Soup Ingredients: 4 to 5 cups vegetable stock 1 small head of cabbage, shredded 1 14.5 ounce can tomatoes, chopped and undrained 1 teaspoon brown sugar 1/2 teaspoon salt 1/4 teaspoon pepper juice of half of a warmed lemon 1 medium onion, diced Method: Toss all ingredients ... [Read More](#)



Work out Plan

Published On Monday, July 12th 2010

Time under tension. It's a training method used to increase muscle mass, strength or endurance by simply timing the concentric (lifting) and eccentric (returning) portion of a repetition. By measuring the time that the muscle is held under tension while ... [Read More](#)



Healthy hormones for a healthy weight Loss

Published On Friday, June 18th 2010

Hormones. Though misunderstood and somewhat mysterious, they are responsible for nearly every human biological function you can think of...far more than just making teenagers randy and inducing 5 days of 'the crazies' on us ladies every month. Our hormones control ... [Read More](#)



Weight loss Motivation Tips

Published On Friday, June 18th 2010

There's no doubt that the hardest part of losing weight is staying motivated. Weight loss isn't something that happens overnight - you need to stick at it if you want to see results. Most people know how to lose weight ... [Read More](#)

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